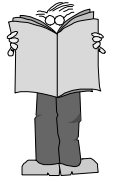




SELF CARE

Idea List for JANUARY



- ☐ Make at least 3 healthy realistic New Year's resolutions:
 - 1.
 - 2.
 - 3.
- ☐ Use your Self Care Book to answer a health question, solve a health problem or learn more about healthy lifestyles.
- ☐ Schedule any preventive or needed medical and dental checkups.
- ☐ Check out the NEHC Wellness Center, if you now use it, try a new or different exercise machine.
- ☐ Take that 10 minute Wellness Wakeup Walk at 0830.
- ☐ Call a friend you haven't seen for a while.
- ☐ Sit down with the family and share dinner together.
- ☐ Eat one more dark green, yellow or orange vegetable a day.

